

**VALUE
HEALTH**
PROTECT AGAINST
INFLUENZA

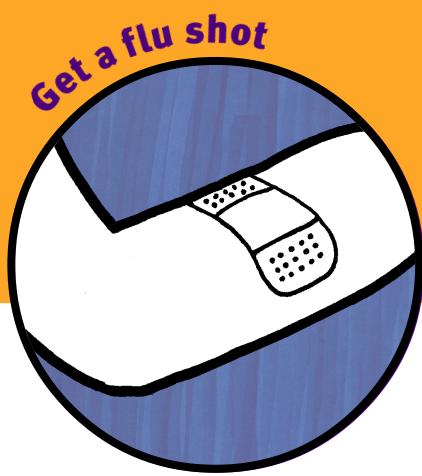
**It is always important
to remember where you
are in relation to
everything else, and to
contribute to the Circle
in whatever way you
can by being a helper
and protector of life.**



Keep the Circle, Protect Your Health

To preserve good health in the Circle for this generation and those to follow, it is important to protect yourself and those you care about from the flu.

Follow these easy steps to avoid getting – or spreading – the flu this season:



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For more information on how to protect against influenza, visit www.vdh.virginia.gov/flu.